

Gold Medal Schools and Utah PTA

January 24, 2008



Gold Medal Schools

- Nearly one in four Utah student is overweight or at risk (22.5 percent)
 - 112 elementary schools
 - 2,000 classrooms
- Earn up to \$1500
- Free resources and support
- Media recognition



Gold Medal Schools

- Creating opportunities for students to:
 - Eat healthy
 - Be active
 - Stay tobacco free



Bronze 3

- Gold Medal Mile
 - Walk during recess or with individual classes
 - Competition between the students and parents
 - Track Gold Medal Miles
 - Bulletin boards
 - Provide incentives
 - Tokens
 - Foot charms



Bronze 4

- Promote Safe Routes to School
 - Help the School Community Council
 - Determine safe routes
 - Locate street signs, crosswalks, unsafe paths
 - Become familiar with the policy
 - Walking school bus



Silver 1

- PTA must coordinate at least one health-related event per year
 - Red Ribbon Week
 - Walk to School Day
 - National Nutrition Month
 - Green Ribbon Month
 - Olympic Field Day
 - Health Carnival
 - 5K run/walk



Silver 2

- Policy requiring a yearly faculty and staff wellness program
 - Provide incentives
 - Healthy cookbooks
 - Pedometers
 - Water bottle
 - Yoga mat
 - Gym bag
 - I pod shuffle
 - Recreation or gym donations
 - Fruit and veggies in the lounge



Gold 2

- Policy for teachers and staff to food is not to be used as a reward or punishment
 - Provide non-food incentives
 - Pencils
 - Erasers
 - Notebooks
 - Crayons
 - Coupons
 - Tokens



Gold 3A and Platinum 2

- Healthy food and beverage choices available outside of school meal services
 - Baked chips
 - Fruit leather
 - String cheese
 - Nature Valley granola bars
 - Low fat pudding
 - Nuts and seeds
 - Yogurt or Gogurt



Gold 3D and Platinum 5B

- Requires lunch to be at least twenty minutes long
 - Provide nutrition education



Gold 3G

- Non-food fundraisers

- Read-a-thons
- Fun runs
- Donations
- Candles
- Magazines
- Wrapping paper
- Carnivals

<http://www.nojunkfood.org/fundraising/tosell.html>



Gold 3I and Platinum 5A

- Recess before lunch
 - Provide hand sanitizers
 - Bring students into lunch



Platinum 4

- Involve families and community to complete GMS
 - PTA newsletter
 - Gold Medal Mile
 - Home or school
 - End-year assembly
 - Health facts for parents
 - Non-food rewards at home
 - Exotic fruits and veggies
 - Physical active at home



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GOLD MEDAL SCHOOLS

Vision: A tradition of health in all Utah schools.

Mission: "Creating opportunities for students to: Eat healthy, Be active and Stay tobacco-free"



Gold Medal Schools makes it possible for elementary schools to provide physical activity and healthy nutrition choices at a time when budget cuts and testing requirements

overshadow physical activity and nutrition. Gold

Medal Schools improves students' academic success through policies and environmental changes that support good nutrition, physical activity and staying tobacco-free.

The Utah Department of Health developed the Gold Medal Schools program in 2001 using the State Office of Education's core curriculum and the Centers for Disease Control's guidelines to address overweight and obesity in elementary schools. Intermountain Healthcare partnered with the Gold Medal Schools team in 2005 and has enabled the program to reach more schools throughout the state. Today, Gold Medal Schools has reached more than 140,000 students and over 6,000 teachers in 331 elementary schools!

Watch a short video to learn more about Gold Medal Schools



[View in QuickTime](#)



[View in Windows Media Player](#)

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IMPORTANT DATES

January 24: PTA Conference - [Invitation](#)

February 1: Go Red for Women Day

February 8: Policy and SNAP Drafts Due

February 28: Final Levels Due

March: National Nutrition Month

Tobacco Prevention Incentives

Each active Gold Medal Schools can order up to \$50 worth of tobacco prevention incentives each school year. Look through the [January incentives](#) to determine what you would like to order for your school.

Current News

PE Training Handouts

[Winning with Asthma Web Site](#)

[Utah Department of Health Asthma Web Site](#)

[Gold Medal Mile Ideas](#)

[Classroom PE](#)

[Creating a Physically Active Classroom](#)

[Jump Rope the Easy Way](#)

Website

- www.hearthighway.org

